

# Prepare for sleep during the day

The elements of a good night's sleep start long before you go to bed. For a more refreshing rest, try to adopt some of these healthy sleep habits **during the day**.

## Stick to a Sleep Schedule

Go to sleep and wake up at the same time every day. This reinforces your circadian rhythm to promote healthy sleep-wake cycles.



## Write Down Your Worries

Don't take stress to bed. Research shows that writing down your worries early in the day can help you fall asleep faster at bedtime.



## Create a Healthy Sleep Environment

Your room should be a relaxing, creating a clean, cozy retreat for sleep may help your mind switch off more easily at night.



## Avoid Stimulants & Limit Alcohol

Caffeine should not be consumed four to six hours before bedtime. Limit alcohol as drinking in excess has been linked to poor sleep.



## Exercise & Get Outside

30-minutes of moderate exercise and sunshine during the day makes it easier to sleep at night—and give you a serotonin boost, too!



# and sleep more soundly at night

Want to wake up feeling refreshed? When you're ready to head to bed, follow these tips to improve the quality and quantity of **your sleep at night**.

## Don't Head to Bed When You're Not Tired

An early night might sound nice, but don't force sleep. Heading to bed before you're tired may lead to sleep anxiety and insomnia.



## Create a Daily 'Wind-Down' Routine

Hyperarousal (an active or "busy" mind) is the main reason people with insomnia can't sleep. Make time to switch off before bed.



## Block Out Noise & Light

A quiet and dark room is essential for a good night's sleep. Light exposure and noise can interfere with sleep quantity and quality.



## Make Your Bed a Sleep & Intimacy Zone

Leave work at your desk and meals in the kitchen. Your brain should only associate bed with sleep and intimate activities.



## Don't Take Your Phone or Other Devices to Bed

Unplug at night. Blue light delays the release of sleep-inducing melatonin, increases alertness, and sets back your internal sleep clock.



# Pro Sleep Hygiene Tips Tips 1184 39848

**RJ Alexander**



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[selena gomez poses topless in cheeky new photo yahoo](#) - May 12 2023

web jan 12 2017 selena gomez nearly bares it all in a new photo posted by photographer mert alas the racy pose comes only a day after she was photographed kissing the weeknd who himself only split up with model

[selena gomez sizzles in red hot beaded dress at 2023 mtv](#) - Jul 14 2023

web sep 13 2023 photo selena gomez has arrived the nominee 31 stepped onto the pink carpet at the 2023 mtv vmas in bold style wearing a barely there beaded dress by oscar de la renta her floral halter dress

**selena gomez shares some sultry selfies on instagram elle** - Apr 30 2022

web jul 1 2023 on friday selena gomez started wracking up the likes on instagram with a couple of sultry selfies taken in what looks like her boudoir with over six million faves from her fans already the

[selena gomez exposes mega cleavage in nude halterneck as](#) - Dec 07 2022

web jan 10 2020 selena gomez poses with a beverage selena gomez s brand new rare album dropped today the 27 year old singer had been building up to the release with low key instagram snaps but selena